

Appl. No. : 09/698,489  
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### AMENDMENTS TO THE CLAIMS

1. (Currently Amended) A prosthetic foot comprising:  
a foot plate element, the foot plate element comprising a resilient material capable of flexing along its length;  
at least one ankle plate element, the at least one ankle plate element being not in direct contact with the foot plate element;  
an ankle block comprising a relatively soft, compressible material sandwiched between the ankle plate element and the foot plate element, the ankle block providing substantially the sole means of support and connection between the foot plate element and the ankle plate element; and  
at least one opening extending at least partially through the ankle block.
- 2.-6. (Canceled)
7. (Original) The prosthetic foot of Claim 1, further comprising a stiffener positioned inside the opening.
- 8.-9. (Canceled)
10. (Original) The prosthetic foot of Claim 7, wherein the stiffener is made of foam.
- 11.-61. (Canceled)
62. (Previously Presented) A prosthetic foot comprising:  
a foot plate element;  
at least one ankle plate element disposed above the foot plate element; and  
at least one foam ankle block positioned between the ankle plate element and the foot plate element, the ankle block including at least one opening extending at least partially through the ankle block.
- 63.-65. (Canceled)
66. (Original) The prosthetic foot of Claim 62, wherein the opening is cylindrical.
67. (Original) The prosthetic foot of Claim 62, wherein the opening extends entirely through the ankle block.
68. (Original) The prosthetic foot of Claim 67, wherein the opening has a substantially transverse orientation relative to a forward walking motion.
69. (Original) The prosthetic foot of Claim 67, wherein the opening is adapted to receive a stiffener therein.

Appl. No. : 09/698,489  
 Filed : October 26, 2000

70. (Original) The prosthetic foot of Claim 69, further comprising a stiffener positioned inside the opening.

71. (Original) The prosthetic foot of Claim 70, wherein the stiffener is removable from the opening.

72. (Original) The prosthetic foot of Claim 70, wherein the stiffener is made of foam.

73. (Original) The prosthetic foot of Claim 62, wherein the foot plate element has a curvilinear shape.

74. (Original) The prosthetic foot of Claim 62, wherein the foot plate element has a length between about 5 and 15 inches.

75. (Original) The prosthetic foot of Claim 62, wherein the foot plate element comprises a single foot plate having a length approximately equal to the length of a human foot.

76. (Original) The prosthetic foot of Claim 62, wherein the ankle plate element is shorter in length than the foot plate element.

77. (Original) The prosthetic foot of Claim 62, wherein the ankle plate element transitions into a substantially curved ankle section.

78. (Original) The prosthetic foot of Claim 62, wherein the ankle block comprises substantially the sole means of support and connection between the foot plate element and the ankle plate element.

79. (Previously Presented) The prosthetic foot of Claim 1, wherein the foot plate element has a length approximately equal to the length of a human foot.

80. (Previously Presented) The prosthetic foot of Claim 1, wherein the at least one opening has a substantially transverse orientation relative to a forward walking motion.

81. (Previously Presented) The prosthetic foot of Claim 1, wherein the foot plate element and the ankle block flex in a cooperative manner to provide substantially smooth and continuous rollover transition from heel-strike to toe-off.

82. (Currently Amended) A prosthetic foot comprising:  
 a foot plate element formed of a resilient material capable of flexing along its  
length;

at least one ankle plate element disposed above the foot plate element; and

at least one ankle block positioned between the ankle plate element and the foot plate element; wherein

Appl. No. : 09/698,489  
Filed : October 26, 2000

the ankle block has a thickness of no less than about one-half inch over an entire length thereof; and

the ankle block includes at least one opening extending at least partially therethrough.

83. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle block is made of a compressible material.

84. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle block is made of urethane.

85. (Previously Presented) The prosthetic foot of Claim 82, wherein the opening is cylindrical.

86. (Previously Presented) The prosthetic foot of Claim 82, wherein the opening extends entirely through the ankle block.

87. (Previously Presented) The prosthetic foot of Claim 86, wherein the opening has a substantially transverse orientation relative to a forward walking motion.

88. (Previously Presented) The prosthetic foot of Claim 86, wherein the opening is adapted to receive a stiffener therein.

89. (Previously Presented) The prosthetic foot of Claim 88, further comprising a stiffener positioned inside the opening.

90. (Previously Presented) The prosthetic foot of Claim 89, wherein the stiffener is removable from the opening.

91. (Previously Presented) The prosthetic foot of Claim 82, wherein the foot plate element has a curvilinear shape.

92. (Previously Presented) The prosthetic foot of Claim 82, wherein the foot plate element has a length between about 5 and 15 inches.

93. (Previously Presented) The prosthetic foot of Claim 82, wherein the foot plate element comprises a single foot plate having a length approximately equal to the length of a human foot.

94. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle plate element is shorter in length than the foot plate element.

95. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle plate element transitions into a substantially curved ankle section.

Appl. No. : 09/698,489  
Filed : October 26, 2000

96. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle block comprises substantially the sole means of support and connection between the foot plate element and the ankle plate element.

97. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle block has a thickness of no less than about 0.8 inches over an entire length thereof.

98. (Previously Presented) The prosthetic foot of Claim 82, wherein the ankle block has a thickness of no less than about one inch over an entire length thereof.

99. (Currently Amended) A prosthetic foot comprising:

a foot plate element formed of a resilient material capable of flexing along its length;

at least one ankle plate element disposed above the foot plate element; and

at least one ankle block positioned between the ankle plate element and the foot plate element; wherein

the foot plate element and the ankle plate element comprise discrete elements; and

the ankle block includes at least one opening extending at least partially therethrough.

100. (Previously Presented) The prosthetic foot of Claim 99, wherein the ankle block is made of a compressible material.

101. (Previously Presented) The prosthetic foot of Claim 99, wherein the ankle block is made of urethane.

102. (Previously Presented) The prosthetic foot of Claim 99, wherein the opening is cylindrical.

103. (Previously Presented) The prosthetic foot of Claim 99, wherein the opening extends entirely through the ankle block.

104. (Previously Presented) The prosthetic foot of Claim 103, wherein the opening has a substantially transverse orientation relative to a forward walking motion.

105. (Previously Presented) The prosthetic foot of Claim 103, wherein the opening is adapted to receive a stiffener therein.

106. (Previously Presented) The prosthetic foot of Claim 105, further comprising a stiffener positioned inside the opening.

Appl. No. : 09/698,489  
Filed : October 26, 2000

107. (Previously Presented) The prosthetic foot of Claim 106, wherein the stiffener is removable from the opening.

108. (Previously Presented) The prosthetic foot of Claim 99, wherein the foot plate element has a curvilinear shape.

109. (Previously Presented) The prosthetic foot of Claim 99, wherein the foot plate element has a length between about 5 and 15 inches.

110. (Previously Presented) The prosthetic foot of Claim 99, wherein the foot plate element comprises a single foot plate having a length approximately equal to the length of a human foot.

111. (Previously Presented) The prosthetic foot of Claim 99, wherein the ankle plate element is shorter in length than the foot plate element.

112. (Previously Presented) The prosthetic foot of Claim 99, wherein the ankle plate element transitions into a substantially curved ankle section.

113. (Previously Presented) The prosthetic foot of Claim 99, wherein the ankle block comprises substantially the sole means of support and connection between the foot plate element and the ankle plate element.

114. (Currently Amended) A prosthetic foot comprising:

a foot plate element formed of a resilient material capable of flexing along its length;

at least one ankle plate element disposed above the foot plate element; and

at least one ankle block positioned between the ankle plate element and the foot plate element; wherein

at least a forward extent of the ankle plate element is spaced from the foot plate element; and

the ankle block includes at least one opening extending at least partially therethrough.

115. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle block is made of a compressible material.

116. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle block is made of urethane.

Appl. No. : 09/698,489  
Filed : October 26, 2000

117. (Previously Presented) The prosthetic foot of Claim 114, wherein the opening is cylindrical.

118. (Previously Presented) The prosthetic foot of Claim 114, wherein the opening extends entirely through the ankle block.

119. (Previously Presented) The prosthetic foot of Claim 118, wherein the opening has a substantially transverse orientation relative to a forward walking motion.

120. (Previously Presented) The prosthetic foot of Claim 118, wherein the opening is adapted to receive a stiffener therein.

121. (Previously Presented) The prosthetic foot of Claim 119, further comprising a stiffener positioned inside the opening.

122. (Previously Presented) The prosthetic foot of Claim 120, wherein the stiffener is removable from the opening.

123. (Previously Presented) The prosthetic foot of Claim 114, wherein the foot plate element has a curvilinear shape.

124. (Previously Presented) The prosthetic foot of Claim 114, wherein the foot plate element has a length between about 5 and 15 inches.

125. (Previously Presented) The prosthetic foot of Claim 114, wherein the foot plate element comprises a single foot plate having a length approximately equal to the length of a human foot.

126. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle plate element is shorter in length than the foot plate element.

127. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle plate element transitions into a substantially curved ankle section.

128. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle block comprises substantially the sole means of support and connection between the foot plate element and the ankle plate element.

129. (Previously Presented) The prosthetic foot of Claim 114, wherein the ankle plate element is spaced from the foot plate element along an entire length thereof.